



**M.O.P. VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS), CHENNAI**
(Affiliated to University of Madras & Re-accredited at 'A' Grade by NAAC)



SCHOOL OF FOOD SCIENCE

இன்னமுது 2017



**A NATIONAL SEMINAR
ON
'EXPLORING FOOD BASED APPROACHES FOR SUSTENANCE'**

Date: 27th & 28th January, 2017

Food interventions play an important role in ensuring public healthcare. Many challenges like Food Safety and Security, Nutrition demand and availability of Food at the local and global level are prevailing now. *'Innamudhu 2017 – A National Seminar on Exploring Food Based Approaches for Sustenance'*, proposes to deal with these issues, future trends and possible changes in the food processing sector.

To kindle the creativity and the skills of the students on these lines, Inter-collegiate and Inter-school contests are being organized. The contests, along with rules and regulations are attached.

COLLEGE EVENTS

1. MIME:

- Topic: (**Choose any ONE**)
 - **Food wastage**
 - **Farm to Fork**
- 6-8 participants per team, 1 team per college
- Soundtrack should be submitted at the time of registration
- Performance time: 5 + 1 minutes
- Obscenity in dressing and actions is strictly prohibited.

2. SHORT FILM:

- Topic: **How processed foods have occupied today's market?**
- 3 participants per team, 2 teams per college.
- The film should be one's own creativity
- Maximum movie run-time: 10 minutes
- Entries may be live-action, animation or a combination of both.
- The documentary should reflect the students' ability to use audiovisual equipment to communicate their topic's significance.
- The film can be in English and/or Tamil with subtitles in English.
- Ensure that all content in your film (including footage, music, images, props, etc.) is your own. It is the sole responsibility of the applicant to secure clearance from the copyright holders of any copyrighted materials included within the submitted film.
- The entrants whose submissions best capture the theme of this year's contest, and are considered the most engaging, imaginative and innovative in content and delivery, will be deemed the winners.
- Entries to be mailed as a link by 20th January 2017 to seminar fsm17@gmail.com
- Plagiarism is strictly prohibited and the teams will be disqualified.

3. FOOD LABELLING:

- Topic will be given on the spot
- 2 participants in a team, 2 teams per college
- A4 sheet will be provided. Other stationary should be brought by the participants
- Designing time: 45 minutes

4. POSTER PRESENTATION

Poster presentation based on original research work and review papers related to –

- 1) **Food waste management**
- 2) **Functional foods and nutraceuticals**
- 3) **Pulses – “the super food”**
- 4) **Recent advances in packaging and processing**
- 5) **Food safety and quality management**

Guidelines for abstract presentation

Abstracts (300 words) to be submitted as word document, Times new roman font, size 12, 1.5 line spacing by 10th January 2017 to seminarfsm17@gmail.com. Accepted abstracts will be communicated by 12th January 2017.

Guidelines for poster preparation

1. The poster should be self-explanatory to enable comprehension by the visitors even in the absence of the authors.
2. Use of photographs, diagrams and tables improves the quality of the poster.
3. Title should be brief, informative and readable.
4. For a poster to be effective, the text should be kept to a minimum - be clear and concise.
5. Use bold font to enhance legibility.
6. Lettering used for the heading should be at least 2.5 cm high and that of text at least 1.0 cm but preferably larger.
7. **Poster dimensions: 4ft height X 3ft width size. Printout of PowerPoint presentations will not be considered for evaluation.**

8. NEW PRODUCT DEVELOPMENT

Theme: By-product utilization

1. 2 participants per team, 2 teams per college
2. Participants are required to bring the finished product for display in suitable containers.
3. Products to be displayed in appropriate containers with informative labels giving the nutritive values/medicinal values/ cost of preparations.
4. Participants must provide the product planning sheet and label which includes ingredients used, nutritive values/medicinal values/ cost of preparations.
5. Participants will be given 15 minutes to display their products in the provided place.
6. An original idea for a food product including a product name and description.
7. A basic formulation (recipe) for the product emphasizing the main ingredients.
8. Functionality – Prolonging the shelf life of the product, protection from physical damage (packaging techniques employed).
9. Product recipe formulation:
 - List of ingredients – in order they are used in the formulation (not to specify brand names of the ingredients used)
 - Measurements in common fractions.
10. Failure to comply with any of the rules of the competition may result in disqualification at the discretion of the judges.
11. Evaluation will be based on:

◆ Product & Process description	◆ Safety/Shelf life
◆ Originality	◆ Nutrition information
◆ Profitability	◆ Technical problem solving
◆ Marketing strategies planned.	◆ Sensory attributes and creativity.

EVENTS SPONSORED BY NESTLE

5. ADZAP

- 3-4 participants in a team, 1 team per college
- Themes will be given ten minutes before the contest starts
- Medium of language - English
- Performance time: 3 minutes, followed by a question and answer session
- Usage of any foul language will lead to the disqualification of the team

6. QUIZ

- 3 participants per team, 1 team per college.
- Topics include: Food and nutrition, Basics of Food and technology, Food & diseases and Nestle round.

7. THEMATIC CUISINE

- 6 participants per team, 1 team per college.
- Contest is based on Indian cuisine
- Each team can select only one type of cuisine
- The team must present their dish in the given stall space only. Presentation must exhibit the complete ambience of the state of the cuisine chosen.
- Contestants need to bring their own display materials
- One traditional and nutritious dish has to be presented. .
- Nutritional benefits of the dishes, if any, must be specified.
- Recipe presentation-
 - Written recipes along with the name of the dish, quantity of ingredients required in their order of use, method of preparation, number of serves.
 - Minimum of two dishes must be prepared using a nestle product.
 - Milkmaid must be used to make the dessert
 - Used Nestle products (empty pack) to be displayed along with the dish.
 - All entries become the property of Nestle. The company is free to use the recipe as and when required
- Criteria for evaluation of the recipes:
 - Creativity/ uniqueness of the recipe- 15%
 - Ease of preparation- 15%
 - Extent of Nestle products used- 20%
 - Presentation skills- 15%
 - Palatability/ color/ appearance – 10%
 - Texture/ taste- 25%
- Evaluation will be by panel of judges. Decision of the judges will be final and binding
- Participants must report at the venue at 10:00 a.m.